

TRAINING COURSE

GREEN THINKING: CHANGING HABITS, SHAPING OUR FUTURE

4-12 May 2025 , Bansko, Bulgaria



OVERVIEW

"Green Thinking for Green Youth Work" is a 7-day Erasmus+ training project designed to empower youth workers and participants to adopt and promote sustainability in their personal lives, professional environments, and communities. The project focuses on cultivating green skills, changing everyday habits, and integrating digital tools to foster environmentally conscious actions.



AIMS

Equip participants with knowledge and tools to become agents of change for environmental sustainability.

Foster a culture of green thinking in youth work practices and beyond

OBJECTIVES

Introduce participants to simple yet impactful ways to adopt sustainability in their daily routines and professional activities.

Create engaging, replicable tools such as games and digital activities to spread awareness.

Inspire participants to take actionable steps towards reducing their environmental footprint.



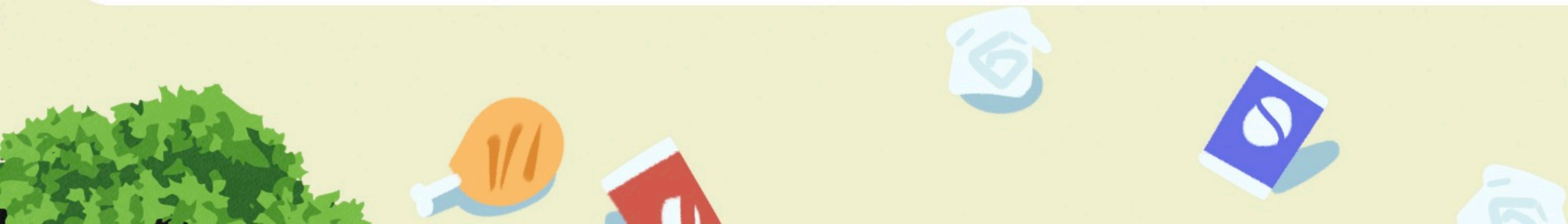
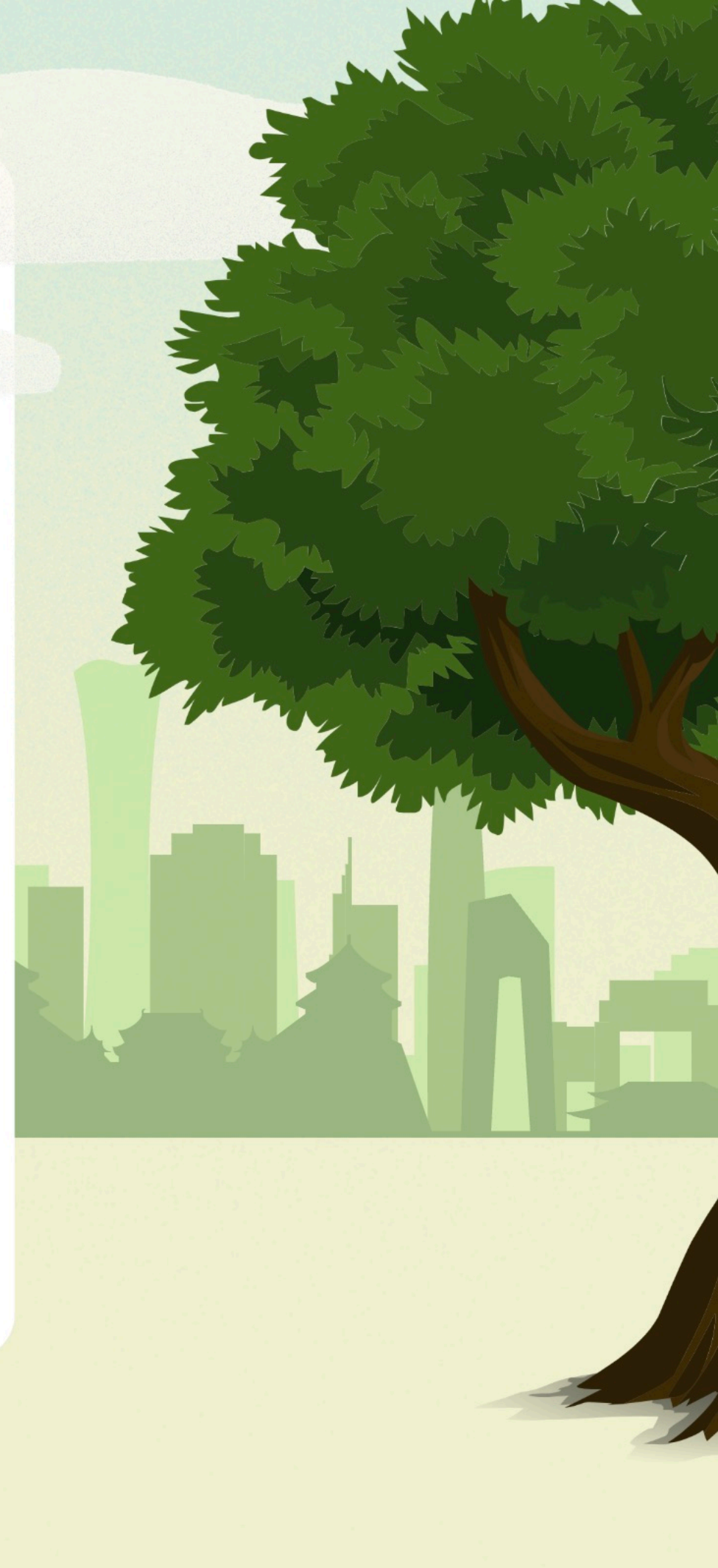
LEARNING OUTCOMES

- Understand the importance of sustainability and green skills in youth work.
- Recognize practical ways to implement sustainable habits in everyday and professional contexts.
- Create educational tools, such as games, to teach sustainability.
- Utilize digital tools (e.g., Kahoot, QR codes) to engage youth in environmental awareness activities.
- Feel motivated and empowered to lead sustainability initiatives in their communities.
- Develop a long-term commitment to promoting green thinking.



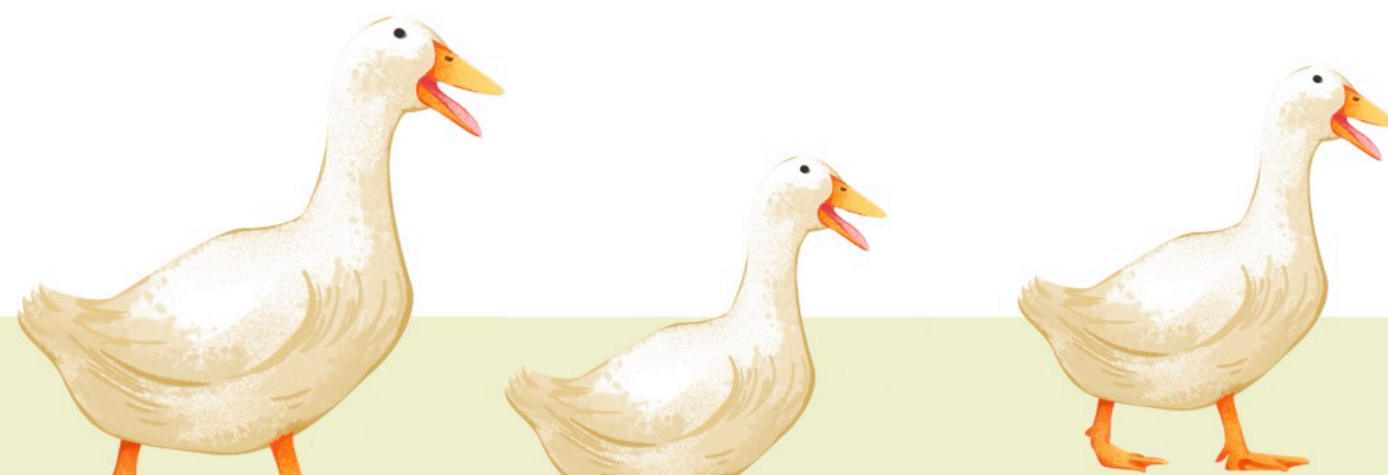
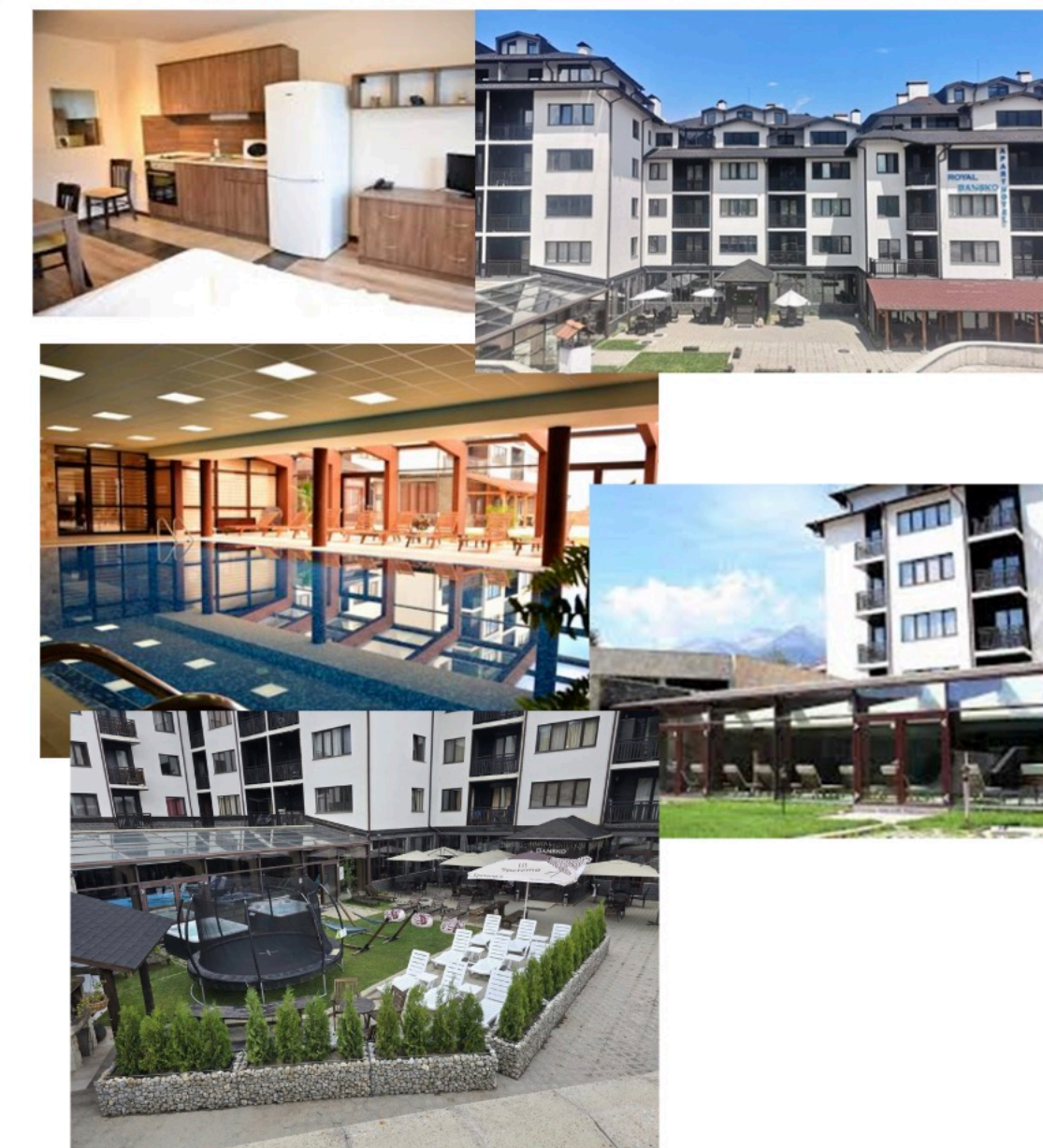
PROFILE OF PARTICIPANTS

- Currently involved in working with young people on the regular basis.
- Mix of existing and experienced youth workers but also youth workers who are new or newish to the topic
- Demonstration of social sensibilities (socially active youth workers/volunteers with a role in local communities).
- Ready to actively participate in the whole project (preparation, training course and follow-up).
- Ready to organize at least one follow-up activity using the experience from this training (individually or together with another person from the same country) within 1 month after the training with youth with their local community and planning activities
- Ready to implement one activity for publicity to share results from the training – some blog interviews, article, FB post, etc.
- Good in communication in English



BOARD AND LODGING

- Accommodation and food (breakfast, lunch and dinner) for the duration of the activities will be covered by the receiving organization Association Alternativi International.
- All participants will be accommodated in Royal Bansko apart hotel, located in Bansko Bulgaria at the following address: ul. "Kosherinata" 2770, Bansko, Bulgaria



FOOD AND SPECIAL NEEDS

Alternativi International will provide participants with three meals per day and two coffee breaks.

- Special needs: Any special food diet must be previously informed to the organizers. Please, make sure that we know about your special diet.

- Extra nights: For those who come earlier (before 4of May 2025) or/and leave later (after 12 of May 2025), unfortunately the project cannot cover the extra nights and food. If your flights are earlier or later than the project dates, you will have to find accommodation for yourself. Of course, you can always contact the organizers to help you in finding a place to stay. The first provided meal will be the dinner on 4th of May 2025. On 12of May 2025, the breakfast will be provided.

NB!!! PLEASE KNOW THAT THE TOTAL DURATION OF THE EXTRA STAY SHOULD NOT EXTEND 2 DAYS – MEANING (1 DAY BEFORE AND 1 AFTER, OR 2 DAYS BEFORE OR 2 DAYS AFTER) . Or in case a transport is missing and the stay should be longer than 2 extra days you can request confirmation from us.

TRAVEL COSTS AND REIMBURSEMENT

Travel costs: Please note that travel costs will be reimbursed on the basis of original tickets, boarding passes and invoices/receipts for travel. Do not forget to collect and bring all of them. Only cheapest/economy class travel will be reimbursed and a public transport.

!!!Please know that tickets that are not confirmed may not be reimbursed

As soon as you filled the registration form and your participation is confirmed, you are kindly requested to submit your travel proposal for validation including detailed information about the name(s) of the participant(s) envisaged, itinerary (departure, arrival, dates, hours, transport company), type of transport (flight, bus, train etc.) and the website where you got the offer from:

- Subject: [Travel validation] – Your country;

- Address:

- Deadline: 20 February 2024

Alternativi International and is not responsible of reimbursing tickets without our prior validation.

TRAVEL COSTS AND REIMBURSEMENT

How to provide the needed justifying documents?

(Remember! If anything is missing from the list below, unfortunately we are not able to reimburse the costs). We will send reimbursement via BANK TRANSFER to each participant individually or to the sending organization within 45 days after the project ends.

1. Flight tickets (economic class/low cost if possible) – all the following are needed:

e-ticket (you receive it by e-mail after you buy the flight);

fiscal invoice (ask your travel agency or check on the website where you buy the ticket how can you get a fiscal invoice).

The invoice can be issued on the name of traveler, or on the name of the organisation you represent;

proof of payment (signed and stamped): can be a receipt from where you buy the tickets, can be a payment order (if you pay by bank transfer) or can be a bank or an account statement (if you pay by internet banking);

boarding pass (you get it online and print it at home 24h-30h before the flight or directly in the airport);

In the exceptional case when the amount on your invoice is different than the amount charged, a personal declaration will be needed and only the amount charged is subject of reimbursement.

2. Train tickets (make sure the date, the itinerary and the price are visible on the ticket, if you can get an invoice is even better);

3. Bus tickets (make sure the date, the itinerary and the price are visible on the ticket, if you can get an invoice it is better);

4. Private car transport and Taxi (including Bla Bla car, uber and such) – will not be reimbursed

5. Please note that additional services on your bookings won't be reimbursed (seat selection, extra leg room in the plane, checked in luggage and etc)

Important! Try to provide the documents above in English, or Bulgarian. If the documents are written in other languages we will need a declaration from you to explain the information provided in each document (in English).

Currency: in Bulgaria, we use ЛВ – Bulgarian Leva. 1 EUR is 1.95 lv. You will need them to travel inside Bulgaria (bus, taxi or whatever you will use to move around it), so make sure you change a little bit when you arrive at the airport or before coming here. In case you will need to change again, we will help you out on spot.

Medical Insurance: Medical insurance: procuring a medical insurance valid during your stay in Bulgaria is your own responsibility. European Union citizens are entitled to have an European Health Insurance Card (EHIC) which you can get for free from your health authorities and you can use in Bulgaria and in any other EU country as well. Anyway, you can also choose a private insurance for the duration of your stay (it should not cost more than 10 EUR depending on the provider and issuing country). Although it might be not mandatory to enter Bulgaria, if you choose to not have a health insurance you need to be ready to cover any medical related cost. We strongly encourage you to get a medical insurance for your stay.

IMPORTANT TO KNOW

WHAT TO BRING WITH YOU – CHECK LIST

- All travel documents;
- All material and things that you need for the program (as homework);
- Anything you need for the intercultural night(food, drinks, brochures and etc)
- Energizers that could be done in the mornings / after lunch break;
- Swimsuit and flip-flops/there is pool in the hotel.
- Comfortable clothes for the activities outside and inside conference room;
- Anything you think you will need during your stay in Bulgaria and of course, GOOD MOOD!

Intercultural nights: For the intercultural evenings, we kindly ask you to prepare interactive presentation of your country. You can present it along with your food and drinks, music, traditional dances, etc. You can do it in the way you think is more suitable for the group, so be as creative as you want.

You are more than welcome to bring traditional food and drinks for this evening. It will be possible to cook there in case you want to prepare something for that night, but you should buy the ingredients or bring them from your countries. You can also bring your flag, posters, postcards, leaflets or any kind of gift you want to give to the participants in order them to have a picture of where you come from. Videos or games are also a good idea to be implemented during that night!



REQUIRED MENAS OF TRANSPORT TO BE USED BY PARTICIPANTS

Country	Number of participa nts	Approved Means of transport
Romania , Turkey, Greece, North Macedonia, Serbia	Max 3	BUS / SHARED CAR
Portugal, Spain, France, Belgium, Denmark, Finland, Sweden, Norway, Germany, Slovakia, Croatia, Latvia, Lithuania, Estonia	Max 3	Plane
Italy, Cyprus, Malta, Hungary, Czech Republic	Max 3	Plane
Bulgaria	Max 3	N/A